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Understanding what is Lumbar spondylosis is very important to get to the causes of the condition. It is a health condition that brings intense pain in the sufferer due to degeneration of intervertebral discs and facet joints. It is associated with the lower bone of the spine or vertebrae. The back spine is divided into different groups which are “

• Cervical region (neck)

• Thoracic region (below neck)

• Lumbar region (lower back)

• Sacral Curve (below lower back or the end of spine)

Most often lumbar region of the back gets affected due to the over burden and pressure that one puts on the lower region of the spine. As the age grows, the bones get less flexible and the water in the cushions that support the bones and prevent from injury reduces over time, leading to bone clashes. People with the age of 40 or more are more prone to get this disease. As lumbar spine carries most of the weight of the body, this area gets affected soon. Not only spondylosis, but lower bone can also be affected due to other reasons.

**Causes of Lumbar Spondylosis:**

Causes are many, but mostly this condition has been reported by old age people. Other than this, people with certain injury can also face this complication on later stage or after getting the injury. It is also found among employees who sit for prolonged periods in office. Tissues form from the changes done biologically and chemically in the body. The cushions present between the intervertebral discs of spine are very important. They hold water and give flexibility to the spine for smooth movement and bending at any direction. If they start dehydrating, the problems occur, leading to health complications which can even be serious.

Cushions or ligaments act as shock absorbers and the nerves that are connected to the spine and pass alongside can be affected somewhere. If a nerve gets pressed due to one or the other reason, degenerative changes can occur, leading to unbearable pain that require medical attention. Nerves if pressed can even lead to lumbar spondylosis that requires time to set back to normal position. Other causes that can occur due to spondylosis are poor bladder, neurological diseases, bad condition of gait, and much more.

**Identifying Lumbar Spondylosis Causes?**

Causes are identified in various ways and due to various reasons. One of the most common causes is aging and sitting at one place for prolonged durations. Other than this, obesity, previous injury and heredity are some of the causes that signify the condition. The more age grows, the less it becomes to perform actively or to heal the developing problem like arthritis that even spark the disease to react faster.

**Lumbar Spondylosis Symptoms**

Back pain can generally arise due to heavy exercises, prolonged or improper seating or due to

some other reason. However, the pain that occurs due to such physical activities last for few days. If the pain is chronic or last more than a month then it is suggested to consult your healthcare provider. If it is lumbar spondylosis, the pain stays constant and sometimes patient also suffer from numbness. Patient can also face stiffness or rigid back after waking up in morning.

The pain can radiate from lower back down the back, side and front of your leg. Due to performing activity, pain can even get worse in time. The pain can get worse during night or due to prolonged sitting during long car trip. Patients can face numbness or weakness at certain part of leg that receives its nerve supply from a particular compressed nerve at the spine. This health condition can cause inability to the patient in moving his feet or stand on toes. This mainly occurs when the first sacral nerve is either compressed or injured. Also, the symptom could be the inability to raise the big toe on upward direction. If this is found in patient then there are chances that the lumbar nerve has been compromised.

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a [Lumbar Spondylosis](#) is a health condition that makes the patient suffer from pain and discomfort at the back of the body. In this case, the lower area of the spine becomes affected, creating various causes and symptoms that require medical attention. Patient with lumbar spondylosis face pain and other a [health](#) related discomforts for more than a month which reduces only after proper treatment. Therefore, it is very important to understand a [what is](#) lumbar spondylosis and what are the lumbar spondylosis symptoms and causes?

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